RIDING THE iRAILS

YOUNG CANADIANS EMBRACING THE HOBO LIFE — BUT WON'T GIVE UP WI-FI

metroNEWS

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Winnipeg metro

Your essential daily news | TUESDAY, MAY 19, 2015

Snow-melting sun. High 13°C/Low 5°C

AMY'S FATAL FAME
metroLIFE

Snow job

OK, Mother Nature, that wasn't funny. A young girl walks through Assiniboine Park Monday after a wild weekend brought 80 km/h winds, rain, sleet, and then snow. ELISHA DACEY/METRO

Three deaths in three days

CRIME

Police probe two killings, third fatality on long weekend

Winnipeg police say they are investigating two killings and a third death Victoria Day weekend.

Winnipeg police said they visited a house on Tremblay Street in the Archwood neighbourhood Sunday morning at 1:30 a.m., for a well-being call.

Inside, police said, they found a drunk woman and an injured dog. They took the woman into custody, and sent the dog to an emergency vet for treatment. It was still alive at press time.

Police said they canvassed the area and found an 89-year-old woman dead, having been stabbed multiple times, in a house across the street.

A police car sits on Tremblay Street Sunday morning. SHAUN MCLEOD/FOR METRO

Melissa Joyce Gabriel, 35, has been charged with manslaughter and killing or injuring animals. Police are not releasing the dead woman's name.

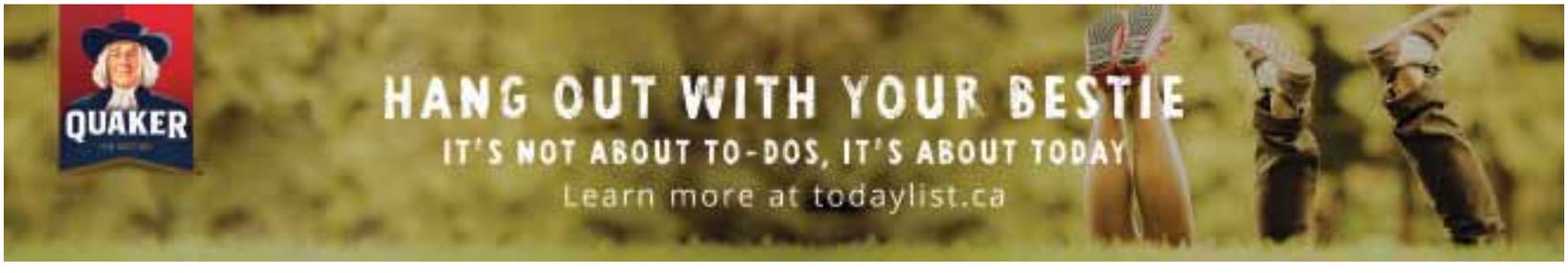
The second killing happened Saturday night at around 11 p.m. after a man was stabbed on Alexander Avenue. Emergency personnel found the man in critical condition and took him to hospital, where he later died.

A third man was found behind a building on Rupert Avenue and Lily Street Monday with injuries and taken to hospital in critical condition, where he later died. METRO

BODY FOUND

Retirement home

The body of Martha Enns, 84, was found in John Coulter Park in East Kildonan Monday. She wandered from her retirement home Sunday.



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metro NEWS

Your essential daily news

Student files rights complaint over school's pot ban. **Canada**

IN BRIEF

Police find foul play in mauling of girl

Island Lake RCMP say the little girl found mauled on Garden Hill First Nation had been the victim of foul play before animals got to her body.

Teresa Casandra Robinson, 11, was found mauled on the first nation last week. Police say Robinson had been missing prior to her body being found but gave no further details on the timeline of her disappearance.

An autopsy was started Wednesday and is ongoing, said police, who did not say how Robinson died. Police announced Friday they're investigating her death as a homicide. METRO

City gives acting COO job on permanent basis

Michael Jack has been appointed the city's new chief operating officer.

On Friday, the city confirmed Jack was appointed to the COO position on a permanent basis.

Jack was promoted to acting chief operating officer in 2013 after Deepak Joshi was named acting chief administrative officer.

He also served as acting CAO for about a month after Joshi was suspended on Jan. 16 and eventually resigned.

Jack takes over the COO position effective immediately.

METRO

Environment Minister Leona Aglukkaq speaks to media in Winnipeg about Canada's 'fair and ambitious' targets. DAVE BAXTER/METRO

Critics mock new emissions targets

ENVIRONMENT

Canada's vow tiny compared to UN partners, say eco-groups

Canada has set a new greenhouse-gas emission reduction target as it prepares for international talks later this year, but critics say the goal is the weakest among G7 countries.

Environment Minister Leona Aglukkaq said Canada proposes to cut emissions to 30 per cent below 2005 levels by 2030 — a target she called "fair and ambitious."

Speaking in Winnipeg, Aglukkaq promised to introduce new regulations on methane emissions produced by the oil-and-gas industry. There will also be new rules for natural gas-fired power generation and for the chemical and nitrogen fertilizer industries.

The target is slightly weaker than that of the United States, which has pledged to cut its greenhouse emissions by up to 28 per cent from 2005 levels by 2025.

Canada, the U.S. and other countries are taking their targets to a United Nations conference later this year in Paris, where a new international emissions regime is to be negotiated.

Environmental groups said Canada's target is anything but ambitious.

"The European Union, already with per-capita emissions well below Canada's, has a 40 per cent reduction target for 2030 — almost three times greater than Canada's," the group Environmental Defence said in a statement.

"To keep our people, communities and economy safe requires that Canada join the global community in making deep cuts to carbon pollution by shifting away from burning coal, oil and gas," reads a statement from Climate Action Network.

THE CANADIAN PRESS

DROP-OFF DEATH

Patient wanted to stay: Witness

An inquest into the death of Heather Brenan has been told the 68-year-old did not want to go home because she did not feel she could care for herself.

Brenan was sent home by taxi in the middle of the night, after spending three days in the emergency room of Seven Oaks Hospital.

She collapsed as she stepped through the threshold of the back door of her house and died the next day in hospital.

An autopsy determined a blood clot in her lung killed her.

Martha Hryniuk, a social worker whose job is to determine if patients have adequate living arrangements, testified Thursday that she spoke to Brenan the day before she was discharged.

Hryniuk said Brenan told her she had mobility issues and needed help bathing, doing laundry and cleaning.

She hadn't been eating much for months and had lost 40 pounds, so Brenan went to the ER at Seven Oaks after having trouble swallowing and breathing.

Hryniuk told the court that Brenan said she didn't want to leave until a doctor could determine why she was having trouble.

However, the next day a doctor discharged Brenan.

The inquest resumes Tuesday.

THE CANADIAN PRESS

TRANSIT TUESDAY

Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell-phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

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Cats with broken bones have been a common sight at the Winnipeg Humane Society this spring. GETTY IMAGES

Humane society sees more broken bones

WHS

Animals at greater risk as they roam in warm weather

Dave Baxter
Metro | Winnipeg

The Winnipeg Humane Society says it has been very busy since April helping animals that have been coming in with broken bones.

The WHS says 19 dogs and cats arrived at its doors in April with broken-bone injuries.

The injuries on four of the animals were so severe they had to be euthanized.

May has also brought animals with broken bones to WHS, as six have arrived so far this month.

"Animals want to get out and explore as soon as the warm weather comes," said WHS director of animal health Dr. Erika Anseeuw.

"Breeding season for cats occurs in the warmer months, and unfixed animals follow their natural instincts to wander in search of other unfixed animals. This can lead to serious injuries like getting hit by cars."

> **Animals want to get out and explore as soon as the warm weather comes.**
> WHS director of animal health Dr. Erika Anseeuw

WHS wants to remind people cats who are spayed or neutered are less likely to roam, and, in an effort to prevent unwanted litters and reduce cat overpopulation, it offers a subsidized spay and neuter program called SNAP.

With the program, those on fixed or low incomes can treat their cat for around $30, while the procedure can typically cost up to $200.

The WHS also says it is looking for foster homes for its recovering felines.

MORE LOCAL NEWS ONLINE

FIRST NATIONS

Charitable foundation set up to help families of murdered and missing women

A new charitable organization set up by the Assembly of Manitoba Chiefs will raise money to help families of missing and murdered aboriginal women and girls.

The Families First Foundation was provincially incorporated after months of consultation with affected families and other organizations working to help them.

"The Assembly of Manitoba Chiefs receives calls on a regular basis from families requesting support in regard to searches for and investigations of their loved ones. Regretfully, AMC can only offer minimal support due to the lack of resources that we have," Grand Chief Derek Nepinak said in a release Friday.

"The foundation will provide value and hope for families during the process of searching for loved ones and towards their healing path to cope with their grief."

The foundation is a separate legal entity from the AMC and its work will include educating the public about the needs of families of missing and murdered aboriginal women and girls, giving legal advice to families, acting as a go-between with the media, and giving community-based mentorship and child-minding services to families.

Contributions to the Families First Foundation can be made at the Ma Mawi Wi Chi Itata Centre at 445 King St. in Winnipeg.

METRO

IN BRIEF

Vancouver fraud ring busted up in Winnipeg

Four Vancouver men face fraud charges in Winnipeg after police say they used forged credit cards to buy gift cards at various city businesses this week.

Police were called Monday to a store in the Seasons of Tuxedo development after an employee noticed the number on a credit card used by two men didn't match the number on the receipt.

Investigators traced the suspects' vehicles and arrested four men in the 1800 block of Pembina Highway on Thursday. There they found a large number of forged credit cards, and a subsequent raid at a location in the 400 block of Century Street netted more forged credit cards. METRO

Transcona Boulevard shutting down temporarily

Transcona Boulevard will be closed to all vehicle traffic from Plessis Road to Peguis Street from Tuesday through May 27 to accommodate paving work.

Drivers are asked to allow for additional travel time or use alternate routes.

Neither pedestrian access to Transcona nor Winnipeg Transit service will be affected. METRO

Winnipeg completes its spring cleaning

The city says its spring cleanup of streets, sidewalks and boulevards is now complete.

The Public Works Department thanked citizens for their co-operation while cleaning operations were taking place.

311 will be taking reports of missed streets and deficiencies. Anyone whose street was not swept can call 311 or send an email to 311@winnipeg.ca. METRO

A rendering of the proposed True North Square for downtown Winnipeg. COURTESY TRUE NORTH SPORTS AND ENTERTAINMENT

CentreVenture, True North get extension on land deal

DEVELOPMENT

Project set to include condos, five-star hotel, public square

CentreVenture and True North Sports and Entertainment have been given an extra two weeks to try to hammer out an agreement on a deal to develop 220 Carlton St.

True North is currently trying to finalize a development deal and purchase price for the land, which is near the Convention Centre and is currently a vacant lot. If the deal goes through, the site will become the location of a five-star hotel, condo towers, office towers and a public square. The option for the site on Carlton Street was supposed to be finalized March 30, but True North had asked for an extension to May 15.

A release from CentreVenture on Friday said both sides "have been working very productively over the last several weeks" and a new option agreement between the two parties now gives them until June 1 to make a deal.

The entire project went on hold after Mark Chipman held a news conference in February outlining the project and accusing Mayor Brian Bowman of implying he had done something wrong.

Chipman admitted during the conference he had the inside track on buying the downtown land but claimed Mayor Bowman has known for months about a plan to develop the site.

Chipman said that while he was on the board of CentreVenture last year, he learned a deal to build a hotel on the land was in danger of falling apart.

Chipman said he recused himself from further discussion, quit the board months later and eventually cut a deal with CentreVenture on an option to buy the land and combine it with other property along Carlton Street to build a $400-million hotel, office and residential complex. METRO, WITH FILES FROM BERNICE PONTANILLA

Today's hobos are on the road and online

VAGABOND FORUM

Community shares tips on hitchhiking, hopping trains

Eric St. Pierre may not have been an obvious candidate for the hobo life. Growing up in Windsor, Ont., he spent every waking minute outside of high school online, playing World of Warcraft or scrolling through message boards.

He's always had wanderlust: at 15, he became obsessed with the idea of walking across Canada and begged friends to come with him. The plans fell apart, his friends grew up and they went to university or got full-time jobs.

St. Pierre felt stuck. At 21, he was spending his days answering phones in a FedEx office.

"I went into a pit of depression. I couldn't sleep very well, getting up two or three times a night," he recalled.

Then he came across an Internet forum thread about vagabonds. Intrigued, he clicked through and found Squat the Planet, an online community filled with tips on how to safely train hop, hitch rides and sleep outdoors.

One day, he asked his dad to drop him off at a truck stop. His life as a hobo had begun.

St. Pierre is one of many young Canadians who are dropping out of the 9-to-5 life and hitting the road to work odd jobs, dumpster dive and sleep under the stars.

But while vagabonds of generations past stayed connected through a secret code scratched on walls, today's hobos are turning to iPhones, Tumblr and Facebook.

Huck, who asked that his real name not be used, is the founder of /r/vagabond, a reddit community for hobos to share advice about living on the road.

The forum has grown rapidly from 500 to 10,000 members in the past year, according to Huck.

A YouTube user who goes by the name Wize Hop is known for his train hopping videos. HANDOUT/THE CANADIAN PRESS.

Many outsiders are surprised to learn that homeless travellers use the Internet and smartphones. But Huck pointed out that it's pretty cheap to buy a used cell and a package of prepaid minutes. Even those who don't have phones can pop into a public library to use Google Maps or Craigslist, he said.

THE CANADIAN PRESS

HEALTH

Many kids in ERs don't belong there

Every emergency department doctor who treats children has probably had conversations that started with: "I'm pretty sure he's fine, but ..." or, "I know I shouldn't be here, but ..."

A tally done by the Children's Hospital of Eastern Ontario found that roughly 45 per cent of the 72,500 kids who were seen in the emergency room in the last fiscal year had health problems that were of "low acuity." That means they were not urgent or severe.

Many of those children could have — and should have — been cared for by family doctors or at walk-in clinics, says Dr. Ken Farion, an emergency medicine physician.

The Ottawa-based hospital is trying to educate parents on the appropriate use of the emergency department.

"Where five or six years ago, about a third of our patients would have been lower acuity, we're now seeing 45 per cent," Farion said.

"Families are going for what they perceive to be the best care right off the bat," he adds.

"But we can't continue to provide that high level of care for the children who really need a tertiary care centre if we're also being asked to provide care for all children for all things.

"We need families to make a different choice to protect this resource for the children who clearly need to be here."

CHEO gives parents a brochure with some guidelines.

For example, fever in a normally healthy child who has been vaccinated and who appears playful when the temperature is brought down by drugs can be seen by a family doctor.

Fever in an infant (under three months) or in a child who appears hard to wake should lead to the ER.

Minor head injuries with no loss of consciousness, confusion or vomiting can be seen by a family doctor or at a walk-in clinic. Head injuries involving loss of consciousness, confusion and repeated vomiting, or that require stitches, should be seen in the emergency department. THE CANADIAN PRESS

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SAUDI ARABIA

Canada urged to speak against cluster bombs

Canada has an obligation to publicly warn Saudi Arabia, its military partner in an ongoing bombing campaign in Syria, to refrain from using banned cluster bombs, say advocates who campaigned against the weapon.

The issue has come to light because of a report earlier this month by the U.S.-based group Human Rights Watch that said a Saudi-led coalition may have used the banned weapons while bombing Shiite rebels in Yemen.

Canada and Saudi Arabia, along with the United States, are among the half-dozen countries in another coalition that is currently engaged in bombing missions against the Islamic State of Iraq and the Levant (ISIL) in Syria.

Regardless of Canada's activities in Syria, it has an international legal obligation to speak out because it ratified the United Nations treaty to ban cluster bombs, said Steve Goose, the head of the arms division of Human Rights Watch.

"They could have done a demarche or something," said Goose, referring to the use of a standard, behind-the-scenes diplomatic notice. But that would not have been enough, he added.

"Publicly speaking out is the best way to do this because that's how you stigmatize the weapon. That's how you generate outrage against it, and that's the best way to discourage any use."

THE CANADIAN PRESS

DETAILS

Government says it will 'discourage' use

An emailed statement from the Foreign Affairs department on Monday said Canada would pursue opportunities "to discourage the use of cluster munitions by states not party to the convention."

The statement did not answer a question about whether Canada had raised the Human Rights Watch report with Saudi officials.

"We will continue to engage with Saudi Arabia on a range of issues including regional security and human rights," it said.

THE CANADIAN PRESS

HALIFAX

Navy techs bought ship parts on eBay

Newly released government records show that navy mechanics in Halifax had to scour the Internet and use eBay to find parts for one of two supply ships.

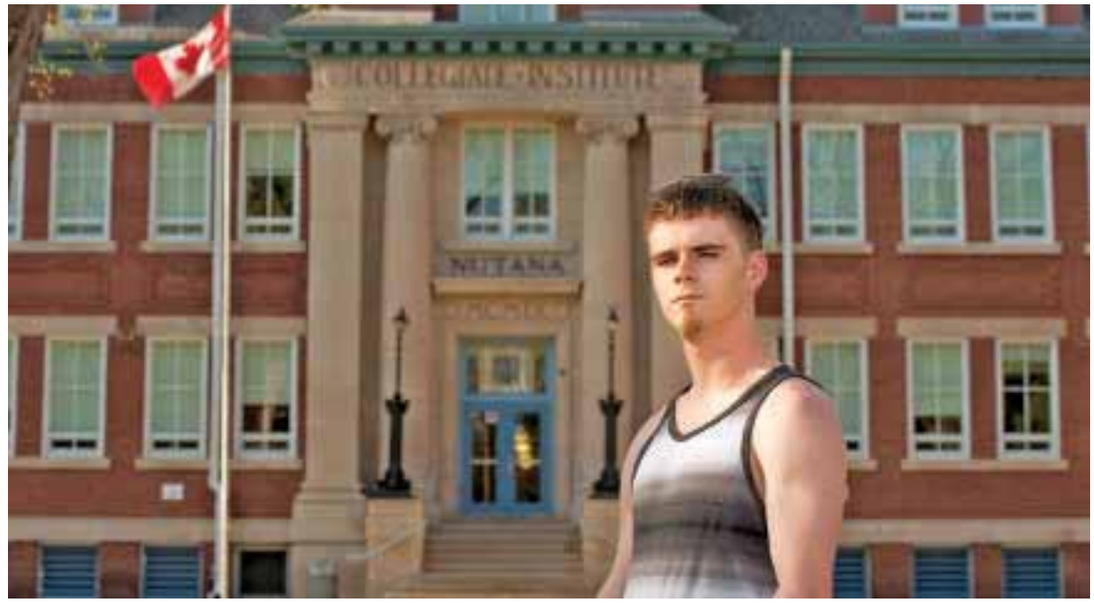
But the briefing notes obtained by The Canadian Press, prepared for navy commander Vice-Admiral Mark Norman, show the technicians were fighting a losing battle to keep HMCS Preserver on duty.

The documents show many of the parts on the 45-year-old ship were "beyond acceptable limits" because corrosion issues had begun to compromise the vessel's structural integrity.

National Defence said last year that both Preserver and its sister ship HMCS Protecteur — gutted by an at-sea fire — would be retired before replacement ships arrived.

Since the original manufacturers long ago stopped making spare parts, a "disproportionate amount of time" was being used to source replacements, "some of which have been procured via eBay," the documents found.

THE CANADIAN PRESS



Michael Wileniec has a prescription for medical marijuana due to a rare bone disease. LIAM RICHARDS/THE CANADIAN PRESS

Human-rights suit filed over medical marijuana

COURTS

Student denied permission to smoke prescribed pot

Michael Wileniec used to walk across the street from his Saskatoon high school several times a day and hang out with the rest of the smokers, although he was the only one puffing on prescribed medical marijuana.

His routine ended earlier this year when school officials told him he could not smoke prescribed weed on school grounds, nor could he attend classes while under its influence. Wileniec fought the ruling before the school board and lost.

"We got a reply back from the superintendent saying there's no need for medical marijuana in the school and that a student under medical marijuana is a safety hazard," the 21-year-old said.

Wileniec has filed a human rights complaint and lawyers believe he's the first student in Canada to do so.

The case is not likely to be settled by the time Wileniec graduates from Nutana Collegiate at the end of June. But he says it's an important fight that he'll continue for others.

Wileniec was seven when he was diagnosed with hereditary multiple exostoses, a disease in which benign tumours grow on his bones and into his joints, often pinching nerves. He's in constant pain.

Medical treatments have delayed his progress. That's why he enrolled three years ago at Nutana, a community school that focuses on academic upgrading and career training. It was around that time that his doctor gave him a prescription for medical marijuana. Wileniec says pot works better for him than painkillers, dulling the agony while allowing him to focus on classwork.

> **"It's prejudice. It's discrimination. And it's marginalization of someone because of the choice of their medicine."**
>
> Kirk Tousaw, a B.C. lawyer who advocates for medical marijuana patients, talks about the case.

The school was OK with it at first, Wileniec says, provided he smoked off grounds. But when he took an 18-month hiatus to have his left leg lengthened, a painful process involving screws, he returned to find new officials and new rules.

His lawyer, Heather Funk, says it's obvious her client is being discriminated against, since other students are allowed to take medications at school. Wileniec's family had suggested he use a vaporizer in the nurse's office, making the marijuana virtually odourless. The school said no.

A spokeswoman with Saskatoon Public Schools says the division addresses medical needs on a "case-by-case basis."

THE CANADIAN PRESS

IQALUIT

Inside one of Canada's most decrepit prisons: Baffin Correctional

The intake cell at what may be Canada's most decrepit prison at one time offered all sorts of useful information.

Names on the walls would let you know who was inside. Tidbits such as "— is a rat" might suggest who couldn't be trusted.

And the sentence once carved into the door was probably the most succinct orientation new prisoners ever received to Nunavut's notorious Baffin Correctional Centre in Iqaluit.

"It said, 'Welcome to hell,"' recalled guard Susan Idlout. "When that door closes and you see that, you don't feel so good."

It's all been removed by a $900,000 renovation that is cleaning up the prison's pervasive mould, its broken fire sprinklers, its punched-out walls, its uncleanable bathrooms. A new building next door has eased overcrowding and prisoners no longer bunk down in the gym.

"It was pretty gross walking in there in the morning," said director of corrections JP Deroy. "Thirty men and no bathroom."

But a federal auditor general's report released in March remains harshly critical of corrections in Nunavut.

"The Department of Justice has not met its key responsibilities for inmates within the correctional system," it concludes.

That assessment was echoed by an email from a senior Nunavut bureaucrat to Justice Minister Paul Okalik earlier this year. Deputy justice minister Elizabeth Sanderson wrote: "Nunavut is likely in significant breach of constitutional obligations towards remanded accused and inmates … and faces a high risk of civil liability towards inmates, staff and members of the public."

A walk with Deroy through the battered building known unaffectionately as BCC reveals why, in 2013, a federal investigator said it was unsafe for inmates and staff. Built for 68 minimum-security prisoners, it has averaged more than 80 and up to 115 at any one time, from all security levels, including remand. That kind of overcrowding, with six prisoners in nine square metres of cell, wears on a building.

Vandalized sprinkler heads allowed water to seep into walls. Floors around overused toilets were constantly damp. Mould was everywhere. So was the odour of mildew.

Holes in hallway walls attest to too many men in too small a space with too much anger.

"The wall is an easy target," said Deroy. THE CANADIAN PRESS

VIOLENCE

Overcrowding has taken its toll on inmates. With no space to segregate the dangerous prisoners, violence has been common.

Auditor general Michael Ferguson noted that physical assaults on inmates, staff or visitors more than tripled to 185 between 2002 and 2012.

Iffy stem-cell procedures flourish across the U.S.

HEALTH

Unproven methods are outpacing regulation

More than 170 clinics across the U.S. are selling experimental stem-cell procedures for dozens of diseases and conditions — a mushrooming industry that has flourished despite little evidence of its safety or effectiveness.

The rise of the U.S. stem-cell industry illustrates how quickly fringe medicine can outpace government oversight. Over the last five years, academic stem-cell researchers have watched in dismay as doctors treat patients with experimental techniques that they say could take years, if not decades, to become sound medicine.

"It's sort of this 21st-century cutting-edge technology. But the way it's being implemented at these clinics and how it's regulated is more like the 19th century. It's a Wild West," says Dr. Paul Knoepfler, a stem-cell researcher at the University of California at Davis.

In 2010 there were only a handful of doctors promoting stem-cell procedures in the U.S., mainly plastic surgeons promoting "stem-cell facelifts" and other cosmetic procedures. But today there are clinics throughout the country promoting stem cells for dozens of conditions and diseases, including Alzheimer's, arthritis, erectile dysfunction and hair loss.

Dr. Mark Berman of the Cell Surgical Network collects fat from a patient's back as part of an experimental stem-cell procedure, in Beverly Hills, Calif. RAQUEL MARIA DILLON/THE ASSOCIATED PRESS

The cost of these procedures is high, ranging from $5,000 to $20,000.

Many of the businesses are linked in large, for-profit chains that offer doctors the chance to join the franchise after taking a seminar and buying some equipment.

> **It's sort of this 21st-century cutting-edge technology. But the way it's being implemented ... is more like the 19th century.**
> Dr. Paul Knoepfler, stem-cell researcher

The largest of these chains is the Cell Surgical Network, co-founded in 2012 by Dr. Mark Berman, who spent 30 years as a Beverly Hills plastic surgeon before working with stem cells.

His company offers stem-cell procedures for more than 30 diseases and conditions, including Lou Gehrig's disease, multiple sclerosis and arthritis. He and his partner adapted technology from Asia into a liposuction-based procedure in which fat is pumped out of patients' abdomen, processed with drugs and equipment and then injected back into the body.

Berman says this fat-based "soup" is rich in shape-shifting stem cells that have the potential to treat everything from neurological diseases to achy joints.

The clinics insist that their treatments are safe but routinely require that patients sign waivers. THE ASSOCIATED PRESS

EVIDENCE

Stem-cell treatments

Stem cells have long been recognized for their ability to reproduce and regenerate tissue. And while there are high hopes they will someday be used to treat a range of debilitating diseases, critics say stem-cell entrepreneurs have little more than anecdotes to support their offerings. THE ASSOCIATED PRESS

PAINKILLERS

DIY drug sparks concern

Scientists have figured out all the steps to make morphine and similar painkillers without using opium poppies, opening the door for home-brewed drugs and potential abuse.

While no one has yet reported making morphine in the laboratory from scratch, some experts are calling for regulations to prevent garage tinkerers from making do-it-yourself drugs.

Society needs to "think this through now, before it becomes a reality," said bioengineer John Dueber of the University of California, Berkeley, who led a team that discovered the final missing link of the process.

Poppy plants have been farmed for centuries for opium, from which morphine is derived. The controlled substance is often used before and after surgeries to relieve severe pain.

For the past decade, groups of researchers have hacked the DNA of yeast to mimic poppies, in hopes of creating cheaper and less-addictive pain relievers. So far, the yeast strains created can only perform the last steps of a long process that can lead to morphine and other narcotic drugs.

The UC Berkeley team discovered the missing piece — the first step in the process — and published the findings yesterday in the journal Nature Chemical Biology.

The genetically engineered yeast was able to convert sugar to a chemical that's a precursor to morphine. THE ASSOCIATED PRESS

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Police on alert after bikers' shootout

WACO, TEXAS

Authorities have received threats since making arrests

Police were on alert Monday for any retaliatory attacks after a chaotic shootout between rival biker gangs left nine people dead and at least 18 more wounded outside a Texas restaurant.

Waco police Sgt. W. Patrick Swanton said authorities had received threats against law enforcement "throughout the night" from biker groups and stood ready to confront any more violence resulting from Sunday's gunfire.

"We have a contingency plan to deal with those individuals if they try to cause trouble here," Swanton said at a news conference.

About 170 people were arrested on charges of engaging in organized crime. Earlier, Swanton said 192 people had been arrested but later revised that number downward.

The shootout erupted shortly after noon at a busy shopping centre where members of at least five rival gangs had gathered for a meeting, Swanton said.

Preliminary findings indicate a dispute broke out in a bathroom and escalated to include knives and guns. The fight eventually spilled into the restaurant parking lot.

"I was amazed that we didn't have innocent civilians killed or injured," Swanton said.

The interior of the restaurant was littered with bullet casings, knives, bodies and pools of blood, he said.

Authorities were processing the evidence at the scene, south of Dallas. About 150 or 200 bikers were inside during the shootout.

Parts of downtown Waco were locked down, and officials stopped and questioned motorcycle riders.

Agents from the FBI and the federal Bureau of Alcohol, Tobacco, Firearms and Explosives were assisting local and state authorities.

Police and the operators of Twin Peaks were aware of the meeting in advance and at least 12 Waco officers in addition to state troopers were outside the restaurant when the fight began, Swanton said.

Officers shot armed bikers, he said.

It was not immediately clear whether any of the nine dead were killed by police. The identities of the dead have yet to be made public.

McLennan County Sheriff Parnell McNamara, whose office is involved in the investigation, said all nine who were killed were members of the Bandidos or Cossacks gangs.

In a 2014 gang threat assessment, the Texas Department of Public Safety classified the Bandidos as a "Tier 2" threat, the second highest. Other groups in that tier included the Bloods, Crips and Aryan Brotherhood of Texas.

The Texas assessment does not mention the Cossacks.

There's at least one previously documented instance of violence between the two groups. In November 2013, a 46-year-old from Abilene who police say was the leader of a West Texas Bandidos chapter was charged in the stabbings of two members of the Cossacks club. THE ASSOCIATED PRESS

CHARGES

About 170 gang members were charged with engaging in organized crime and are each being held on a $1 million bond. Authorities say charges of capital murder are expected in the wake of the Waco shooting.

Authorities investigate a shooting in the parking lot of a Twin Peaks restaurant in Waco, Texas on Sunday that killed nine and left at least 18 more wounded. JERRY LARSON/THE ASSOCIATED PRESS

SOUTHEAST ASIA

Ordinary people rush to help migrants

For hundreds of migrants stranded at sea in sinking boats, the first helping hand came not from governments but from fishermen who towed them to safety.

The desperation of migrants from Myanmar and Bangladesh has not compelled neighbouring countries to take them in, but has inspired compassion from ordinary people across Southeast Asia.

Sympathetic Malaysians have launched donation drives to help feed migrants who have flooded ashore in the past two weeks.

In Indonesia, where fisherman rescued three boats last week and saved 900 lives, officials have appealed to villagers not to get too close to the migrants. But villagers have ignored the orders. Hundreds have thronged the two warehouses where the migrants have been housed since their Friday arrival, bringing rice, clothing and meals.

> **We have to help them, because they are our brothers.**
> Hayaturrahman Djakfar

"We have to help them, because they are our brothers," said Hayaturrahman Djakfar, who came with a group that donated headscarves, children's clothes and food. "And because they are struggling for a better life and protection."

Aid groups estimate that thousands more migrants are stranded in the Andaman Sea after a crackdown on human traffickers prompted captains and smugglers to abandon their boats. However, the stance of Southeast Asian governments remains unchanged — none want to take the migrants in, fearing it would result in an unstoppable flow. THE ASSOCIATED PRESS

FOREIGN POLICY

EU plans to target human traffickers

European Union nations approved plans Monday for a naval operation to go after the human trafficking networks that are sending thousands of migrants weekly across the Mediterranean toward Europe or to their deaths. NATO said it stood ready to help out if needed.

EU foreign policy chief Federica Mogherini said she expects the operation to be fully launched next month after Britain, France, Italy and other nations pledge military equipment.

More than 10,000 migrants have been picked up alive from Mediterranean waters in recent weeks as they attempted to enter Europe from Libya. The International Organization for Migration estimates that nearly 1,830 migrants have died on the sea route this year compared to 207 in the same period last year.

The first phase of the EU plan centres on intelligence gathering and surveillance of smuggling routes leading from Libya to southern Italy and Malta. After that, EU ships would start chasing and boarding the smugglers' boats in a second phase. The 28-nation bloc is still seeking a UN resolution that would give them full legal protection as they destroy the smugglers' boats in a third phase of the plan.

Despite the show of unity, the EU showed increasing divisions on the plan for mandatory quotas for member states to take in refugees, with Spain now joining France, Britain and Hungary speaking out against it. THE ASSOCIATED PRESS

B.C. creator unveils bionic lens

EYESIGHT

Implant would bring patients perfect vision: Optometrist

Imagine being able to see three times better than 20/20 vision without wearing glasses or contacts — even at age 100 or more — with the help of bionic lenses implanted in your eyes.

Dr. Garth Webb, a British Columbia-based optometrist who invented the Ocumetics Bionic Lens, says patients would have perfect vision and that driving, progressive and contact lenses would become a dim memory as the eye-care industry is transformed.

Webb says people who have the specialized lenses surgically inserted would never get cataracts because their natural lenses, which decay over time, would have been replaced.

Perfect eyesight would result "no matter how crummy your eyes are," Webb says, adding the Bionic Lens would be an option for someone who depends on corrective lenses and is older than about 25, when the eye structures are fully developed.

"This is vision enhancement that the world has never seen before," he says, showing a Bionic Lens, which looks like a tiny button.

"If you can just barely see the clock at 10 feet, when you get the Bionic Lens you can see the clock at 30 feet away," says Webb. He demonstrates how a custom-made lens — that folds like a taco in a saline-filled syringe — would be placed in an eye, where it would unravel itself within 10 seconds.

He says the painless procedure, identical to cataract surgery, would take about eight minutes and a patient's sight would be immediately corrected.

Webb, the CEO of Ocumetics Technology Corp., has spent the last eight years and about $3 million researching and developing the Bionic Lens, getting international patents and securing a biomedical manufacturing facility in Delta, B.C.

His mission is fuelled by the "obsession" he's had to free himself and others from corrective lenses since he was in Grade 2, when he was saddled with glasses.

"At age 45 I had to struggle with reading glasses — which, like most people, I found was a great insult."

Webb's efforts culminated in his recent presentation of the lens to 14 top ophthalmologists in San Diego the day before an annual gathering of the American Society of Cataract and Refractive Surgery.

Dr. Vincent DeLuise, an ophthalmologist who teaches at Yale University in New Haven, Conn., and at Weill Cornell Medical College in New York City, says surgeons, from Canada, the United States, Australia and the Dominican Republic, were impressed with what they heard and some will be involved in clinical trials for Webb's "very clever" invention.

"There's a lot of excitement about the Bionic Lens from very experienced surgeons who perhaps had some cynicism about this because they've seen things not work in the past. They think that this might actually work and they're eager enough that they all wish to be on the medical advisory board to help him on his journey," DeLuise says.

THE CANADIAN PRESS

> **My heroes were cowboys, and cowboys just did not wear glasses.**
> Dr. Garth Webb

Dr. Garth Webb holds a bionic lens at Manterra Technologies where the lens will be mass produced in Delta, B.C. DARRYL DYCK/THE CANADIAN PRESS

DUE DATE

Two years to availability
Pending clinical trials on animals and then blind human eyes, the Bionic Lens could be available in Canada and elsewhere in about two years, depending on regulatory processes in various countries, says Dr. Garth Webb.

CANADA POST

Cities keep an eye on mailboxes dispute

Canada Post and the city of Hamilton, Ont., are going to court over how much of a say local governments can have over where community mailboxes can be installed — and municipalities across Canada are watching to see who wins.

After hearing complaints over safety, privacy, litter and traffic when the mailboxes are installed, Hamilton's city council amended a bylaw, which now requires Canada Post to obtain a $200 permit per site to install the mailboxes on municipal land. City staff would assess each mailbox's location to ensure it meets city standards.

Canada Post ignored the bylaw, however, saying that under the federal Canada Post Act, it has the exclusive jurisdiction over postal services and the legal authority to install community mailboxes on municipally owned property.

THE CANADIAN PRESS

TRADE

Canada, Mexico win meat labelling fight

Canada and Mexico have defeated the United States' meat-labelling rules at the World Trade Organization, winning a final appeal that could pave the way to retaliatory sanctions.

If the U.S. wants to avoid a broader trade war, Monday's decision means it might have to drop its insistence on special grocery-store labels that identify meat by its country of origin.

Failure to fix the meat labelling requirement could lead to tariffs on a wide range of U.S. products, including wine, chocolate, cereal and frozen orange juice.

Proponents of labels argued that customers have the right to know where their food comes from. Canada and Mexico countered that it was actually a protectionist measure designed to keep foreign meat off the grocery shelves while offering no benefit for food safety.

THE CANADIAN PRESS

IN BRIEF

104 deaths now blamed on faulty GM car switches
The death toll from faulty ignition switches in small cars made by General Motors has reached 104. Victims' families are being offered compensation of at least $1 million each by attorney Kenneth Feinberg, who was hired by GM last year. In addition, GM has agreed to make offers to 191 people who were injured in crashes caused by the switches in the Chevrolet Cobalt and older-model cars. THE ASSOCIATED PRESS

Protesters try to stop work on Arctic Ocean drilling rig
Critics of oil drilling in the Arctic Ocean plan to block the gates to a seaport terminal in Seattle, where Royal Dutch Shell's massive floating drill rig will be loaded up before heading to the waters off Alaska this summer. A few hundred protesters marched across a bridge to Terminal 5, temporarily closing the road Monday. Organizers plan to engage in civil disobedience to stop work on the rig. THE ASSOCIATED PRESS

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metro VIEWS
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the big question

Who gets to live on a reserve?

First Nations councils decide. Their rules may differ from federal laws governing Indian status. Quebec's Kahnawake Mohawk Territory requires anyone who partners with a non-indigenous person to move out. Amanda Deer, her non-native partner and son did just that on Sunday after protesters outside their home demanded they leave Kahnawake. "Marry out, stay out" rules have become a flashpoint since 1985, when the revised Indian Act enabled families to lose Indian status after two generations of having children with non-status people.

Beware the terrifying bike paths — or not

It has the power to destroy neighbourhoods and ruin businesses. The mere mention of its name can cause widespread panic and spark fighting on the streets.

It is…the bike path.

Of course that's all absurd hyperbole, but the "bike paths are scary" message got some traction at city hall last week, as executive policy committee voted to delay a new pedestrian and cycling master plan to allow for a review of public consultation.

This happened despite the fact the plan has already gone through more public consultation than almost any other transportation project in recent memory.

There was a stakeholder advisory committee, a telephone survey, an online survey and three open houses. Background documents sat on the city's website for over a year before the plan was released. If someone — a citizen, a business owner or even a city councillor — wanted to have input, they had more than ample opportunity.

Contrast this with your average road project, which hardly receives any public consultation at all.

The city is spending $103 million on road renewal this year, but as far as I know, not a single citizen or business owner was asked where that money should go, or when that construction work — which may shut down streets for weeks — should take place.

A few weeks ago, council picked new underpasses along Waverley and Marion as priority projects to receive provincial and federal infrastructure funding. Compared to the bike paths, there was not nearly as much public consultation outside of city hall to see if the community agreed on these priorities.

Even the city's transportation master plan — which calls for dozens of new projects — didn't get much public scrutiny.

But if you want to come up with a planning document that suggests where the city might want to build new bike paths, at some undetermined point in the next 20 years, if it can find the money somewhere, and only after it consults the public on every single project — well, that requires some additional review.

Last week, one councillor even raised the concern that "unsuspecting" citizens might be caught off guard by a new bike path in their neighbourhood. Oh, the horror!

Delaying … won't accomplish anything except to lend credibility to the notion bike paths are scary.

Let me just say, if I wake up tomorrow and find a bike path has snuck its way into my neighbourhood, then I will kiss my city councillor on the lips (pucker up, John Orlikow).

Civic politicians might feel like delaying this plan another month won't cause any harm, but it's redundant work that's not going to accomplish anything either, except to lend further credibility to the notion bike paths are scary.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Follow him on Twitter @policyfrog.

ROSEMARY WESTWOOD

metroview

B.B. King is gone, but his truth is still in the gospel sound

"Church was not only a warm spiritual experience," B.B. King once said. "It was exciting entertainment."

The legendary blues singer, who died on Thursday, grew up on gospel.

"It was where I could sit next to a pretty girl and mostly it was where the music got all over my body and made me wanna jump."

Like King, some of the world's best jazz, soul and blues singers hail from churches. They might have been the natural places to learn to sing in the heavily spiritual American south, but it's the kind of singing going on there that mattered. And its power hasn't waned.

When I lived in London, I sang in a gospel choir half-filled with non-Christians. "It's still the most moving music for me," one of them told me.

The deep rhythms seize your chest and urge your body to move. The best singers make you feel their desperation, joy, pain.

Halfway through mass during a visit to New Orleans last fall, I watched a woman take the mic and felt like I could have been hearing Whitney Houston (who also started in gospel). While some gospel singers have been propelled to fame — think Aretha Franklin, Al Green and Sam Cooke — countless other incredible voices are content to praise God on Sunday, and leave it at that.

"There's a humility in the music," as my old gospel choir director told me. I'd add that there's authenticity. No one is faking it. The love is profound.

Gospel stands in stark contrast to the whitewashed sound of many Western churches, the watered-down folk hymn stuff my old director dubbed "lowest-common denominator" music. It tries to tell you how to feel, while gospel's swelling, tidal harmonies are the true message.

He even mused that bland music is to blame for dwindling attendance at many congregations in Canada and the U.S., while tourists pack the pews in the best gospel churches.

B.B. King is gone. But the truth in his music — human suffering, human striving — is still in the blues, and it's still in gospel.

"There's blues for anything that bothers you," King has said. "I listen to gospel music and, believe it or not, I hear the same thing. The only difference is these people are praying to God or Jesus."

If we had a little more King in church, more people, of whatever beliefs, might come — if only for that feeling of being spiritually scrubbed on the inside until you're clean.

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PHILOSOPHER CAT
by Jason Logan

Distributor buys Tom Ford's film Nocturnal Animals for whopping $20 million at Cannes

Who killed Amy? We all did, says director

PHOTO ILLUSTRATION/METRO; GETTY IMAGES

CANNES FILM FESTIVAL

Documentary a reflection of the toxic nature of celebrity

Amy Winehouse was many things: artist, icon, victim of celebrity. For London-born director Asif Kapadia, she was basically the girl next door.

Kapadia, who made award-winning documentary Senna about Formula 1 driver Ayrton Senna, lived and worked in some of the same north London neighbourhoods as Winehouse did. Like millions of others, he also watched with horrified fascination as the singer's struggles with love, drugs and alcohol were splattered across the media in the years before her death from alcohol poisoning in 2011.

"I very much felt, 'I can't believe this is happening down the road from where I live,'" said Kapadia, whose documentary about Winehouse, Amy, is playing at the Cannes Film Festival. "One of my reasons for wanting to do it was, I've finally found a subject to do about home.

"Senna was like from another planet, and Amy was from next door.

"She was so ordinary, so local, and so brilliant in the way she expressed that in her lyrics."

London was Winehouse's inspiration — for good and bad.

"I love the city," Kapadia said, sitting in a luxury hotel on the French Riviera. "I love the creativity. I love the fact you can look like what you want to look like, do whatever the hell you want, you can be amazing. But it's got a darkness to it, and her story sort of covers those ends of the spectrum."

Compiled from archive footage, home movies and more than 100 interviews with people who knew Winehouse, Amy is partly a tribute to a lost talent, partly a portrait of a young woman coping with depression and doubt, and partly a reflection on the toxic nature of celebrity.

She was so ordinary, so local, and so brilliant in the way she expressed that in her lyrics.
Amy director Asif Kapadia

The film has been acclaimed in Cannes, where it premiered in the late-night Midnight Screenings slot — the first time Kapadia had seen the movie with an audience.

"It was very emotional," Kapadia said. "A lot of tears. Nobody moved for the last hour."

There are some dissenters amid the praise. Winehouse's parents appear in the film but have recently criticized it, calling it "unbalanced" and saying it suggests family members did too little to help the singer overcome her addictions.

Kapadia says he did not set out to blame anyone for Winehouse's death.

"I'm not pointing the finger, I'm just saying this is really complicated," he said. "But there are issues, and there are maybe things that could have been done differently.

"It's turning the mirror on everyone, saying, we're all slightly to blame, complicit, a part of this system — this circus — that it became."

He hopes members of the family will come to see the film the way he does — as a rounded portrait of Winehouse, and a tribute to her.

"I'm hoping with a bit of hindsight that there'll be a rethinking of it. Not to take things personally but to just say, look, people love her, that's the thing. It's about her and kind of rebalancing everyone's image of her."

The film gives ample time to Winehouse's music, from the jazz sounds on her first album, Frank, to the soul and hip-hop influences that infused her breakthrough record, Back to Black.

The single Rehab was her biggest hit, and also something of an albatross. Winehouse was constantly asked to perform the song about how "They tried to make me go to rehab — I said no, no, no."

Kapadia said that in retrospect the song sounds like "an incredible cry for help."

"The clue is always in her songs," he said. "Two songs: Stronger Than Me — 'I want someone who's stronger than me' — and Love is a Losing Game, sum her up. If she had those two elements, then maybe there would have been some peace."

THE ASSOCIATED PRESS

INTERVIEW

TV, film and a tour ... You Jealous of Nick Jonas yet?

The 22-year-old Nick Jonas is riding high on the success of his hit singles Jealous and Chains, which have reached platinum status and dominated on radio.

He's also busy outside of music: He's filming the movie Goat, gearing up for Season 2 of DirecTV's Kingdom and will appear in the new Fox series Scream Queens.

And he's hitting the road with The Nick Jonas Live in Concert Tour that kicks off Sept. 6 in Hershey, Penn. Tickets go on sale Friday.

And Jonas will be in Toronto performing at the Much Music Video Awards on June 21.

He talked about his busy schedule, being compared to Justin Timberlake and reuniting with the Jonas Brothers in a recent interview.

You've drawn some comparisons to Justin Timberlake since he was also in a boy band and meshes R&B with pop sounds. What do you think of that?
It's an incredible feeling. Justin has had an amazing career, amazing transition — as a musical artist, but also as an actor. And the acting has been a really big thing for me in the last year and a half with some projects I've become really passionate about.... So those comparisons are really flattering. Justin has done his thing and has had his own journey, and I'm sure I'll have my own as well.

Were you nervous when you decided to tackle a more R&B sound?
I think any time you try to push yourself and push your sound and evolve is a little frightening. Just being bold and taking those steps. But I saw really quickly that the fans connected with it.

Did you play your album for your brothers before you released it?
I played the record for them about a month before it came out, wanted to kind of get their opinions on what they thought should be singles and overall what their vibe was on it. Their opinion meant a lot to me and they both were really supportive.

Do you think you guys would reunite for a song or album?
I think our time creatively together is done. Never say never, though. I can't predict what's going to happen one day or the next.... I would say for right now I'm happy to be doing my own thing. THE ASSOCIATED PRESS

Nick Jonas has no plans for a JoBros reunion but says, "Never say never." GETTY IMAGES

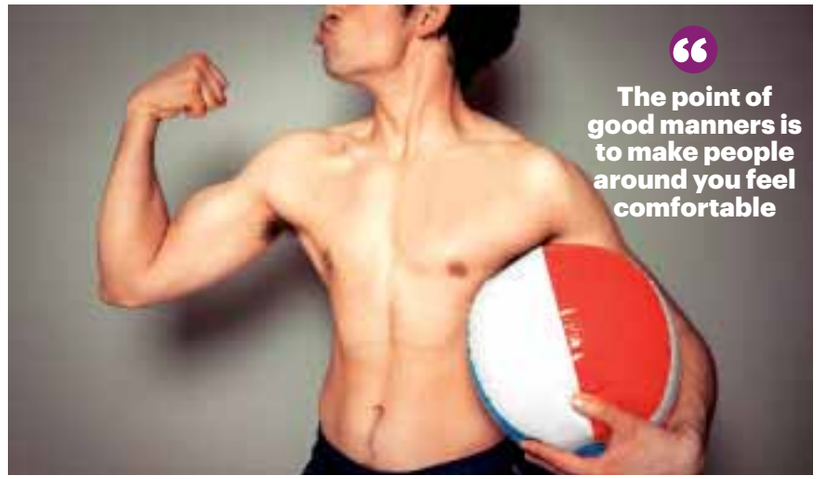
Here a pec, there a cluck

GOING TOPLESS

Baring that chest could lead to the downfall of civilization

URBAN ETIQUETTE

Ellen Vanstone



It may be legal to go topless, but that doesn't mean it's OK to flaunt your torso in public. ISTOCK

Dear Ellen,
It's nearly summer, and with that comes warm weather. As temperatures inch up, every Tom, Dick, Harry and, yes, even a few Janes, seems somewhat compelled to strip off their shirt and bask in the man-made air conditioning of bare-chested bravado.

It's perfectly legal to go topless in most public places. Question is, when and where is it appropriate to put God's gifts on display?
— Holly, Toronto

Dear Holly,
Your excellent questions raises a great point about good manners, which is this: Just because it's legal to do something does not mean it's appropriate.

Belching or farting in public, or tooting your own giant gaseous horn (so to speak) using taxpayer dollars (I'm looking at you, Pierre Poilievre) — these activities are all perfectly legal. But is this the kind of behaviour we want to encourage in the public arena? No, it is not. Such activities are selfish, arguably unethical and just plain gross!

Not that anyone's body is any of those things. We do not disapprove of breasts of any stripe. Pert, slack, male, female, waxed, hairy, young, old — each and every one of them (and sometimes there is only one, which is also fine) may be beautiful in its own way. I certainly didn't mind the repeated appearance in Date Night of Mark Wahlberg's bare torso, which, I'm told, was heavily covered in makeup to hide his tattoos, which meant that during breaks on set he had to keep his shirt off, which led to a lot of young ladies and a few men finding reasons to walk by the sound stage when he stepped outside for a smoke.

But I digress.

The point of good manners is to make people around you feel comfortable, thereby creating social harmony that leads to open and honest communication toward the advancement of a peaceful civilization.

This is not jeopardized by a movie star flexing his perfect pecs in our face on a giant movie screen — because we have made a conscious choice to view him, and them.

But having someone flaunt their sweaty, hot summer torso in your face when it's the last thing you expect to see or want to look at shows a lack of proper consideration for one's fellow citizens — i.e., the kind of behaviour that leads to the downfall of civilization.

So, unless you are nursing a newborn child, or you're on one of Canada's nude beaches, or your shirt has suddenly caught fire, please keep your torso covered in the city this summer.

Need advice? Email Ellen at scene@metronews.ca

LAY BARE

Nudist beaches in Canada

- **Wreck Beach, Vancouver** Long-established and hassle-free.
- **Beaconia Beach, Man.** A mix of clothed and nude visitors that may disconcert members of either group.
- **Patricia Beach, Man.** Recognized as a clothing-optional beach but discretion around local residents is advised.
- **Hanlan's Point in Toronto** Next to Wreck Beach, Canada's only other "official" clothing-optional beach.
- **Oka Park (west of Montreal)** Unofficial — but well-known — clothing-optional beach.
- **Crystal Crescent Beach, near Halifax** Not official, but sees many regular and visiting nudists.

FOR MORE INFORMATION, CONTACT THE FEDERATION OF CANADIAN NATURISTS AT FCN.CA

CAREER

Embrace a change of command

OFFICE RELATIONS

Eleni Deacon

Even if your new boss is a managerial all-star, it can take time to get used to their style. While changes in workplace hierarchy are inevitable and often energizing, they can also overthrow your comfortable routine.

When a new leader joins your company, it doesn't just mean a new nameplate on the corner-office door — it can also mean a new workflow and perhaps an entirely new vibe. Here's how to adjust to an unfamiliar superior.

First, don't fear different. Your current leader may not do things the same way as their predecessor, but that doesn't mean they're doing things badly.

No employee likes being compared to the person who previously held their role — and the same goes for your boss.

Avoid eye-rolls or anger when she requests new methods for completing your work.

Instead, be open to an alternate approach.

You may not end up sticking with her suggestion — but a positive attitude will smooth the road to compromise.

If possible, sit down with your new superior and discuss their expectations: what they want, how they want it delivered, and how they would like to communicate. Having a clear sense of your boss's style and preferences will help ease their transition from unknown entity to trusted authority.

But you should also check your own expectations.

Although your boss may act like they know what's going on — that's their job, after all — they are on an unavoidable learning curve.

If they're new to your organization, they've got a lot to absorb. And if this is the first time they're managing other people, they're probably nervous.

Don't fume if things don't feel settled right away.

Chances are, in a couple months — or even weeks — your relationship will find its equilibrium.

However, if your rapport feels tense from the start, uproot the weird mood. Either make an independent decision to act more cheerful, or address the workplace strain head on.

Explain that you're concerned you got off on the wrong foot, and emphasize your desire for a strong professional understanding between the two of you.

By making your good intentions clear, you can derail any first-impression missteps.

Flexibility is a workplace skill. A new supervisor may bring a brief period of stress — but it's also a chance for a new, potentially rewarding start in your job.

To build a strong base with your boss, adapt before you react.

LEARNING CURVE

Health-care grads have high employment rate

Robertson College gets students industry-ready

The field of health care appears to be a fan of Robertson College health care aide (HCA) and nursing unit assistant (NUA) graduates.

According to recent statistics for employment from the career services department at Robertson College, more than 93 per cent of graduates from each program are employed in the health care field.

"Robertson College takes pride in the quality of education we deliver," says Amanda Young, faculty head of health at Robertson College.

"Our classrooms provide a dynamic and engaging environment that equips our students with the knowledge and training required to be successful in their field of study."

The Robertson College HCA program is a five-and-a-half-month class that combines theory and practical training to equip graduates for positions as health care aides, home care attendants, home support workers or personal support workers.

"HCAs play a vital role in the health care industry by helping individuals with many aspects of daily living and management of ongoing medical conditions," says Young.

Most HCAs work under the supervision of nurses or other health-care professionals with future advancement possibilities toward positions such as certified nursing unit assistants.

CONTRIBUTED

The NUA program is a nine-and-half-month class that combines the HCA program and health unit clerk (HUC) program.

Robertson College is one of the only institutions that offers the dual-certificate program.

"This would allow the students with greater employment opportunities," says Young.

Both of these programs are taught by instructors who know what it is like in the job market today.

"Not only do our instructors have high academic qualifications (nurse or industry professional), but they are also current, successful practitioners of the ideas they will be sharing with you," says Young.

"They are committed instructors who are passionate about communicating their knowledge and cultivating enthusiasm in their students."

Both the HCA and NUA programs have been designed with convenience in mind by offering daytime or evening classes throughout the week. The HCA program is also offered on the weekend.

For more information about these programs or Robertson College, visit the website: robertsoncollege.com/campuses/winnipeg.

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ROBERTSON COLLEGE

MITT wins 12 medals at skills competition

Four gold finishers going to Nationals this month

SHUTTERSTOCK

Competitions such as Skills Canada give students a chance to put their knowledge and skills to the test and see how they compare against students at other schools.

This year the Manitoba Institute of Trades and Technology (MITT) won 12 medals in the Skills Canada Manitoba competition and will be sending their four gold medals on to Nationals in Saskatchewan on May 27 to 30.

One of these four includes Cameron Guse, gold medal winner in the electronics competition.

"My experience at the competition was exciting in a way that it's not often someone gets to compete in a competition — especially in electronics — and then to go up against the best other students in the province," says Guse.

"And to win the gold was just amazing. Plus it will look great on a resumé."

Guse is in his second year at MITT in the industrial electronics program.

While attending school, he also works his full-time job in security, but still found time to prepare for this competition.

"I feel that this whole experience with Skills Canada has greatly impacted my education and has taught me skills that are more specialized in the field of study."

As Guse's instructor, Danh Nguyen says this win for his student is one that reflects well on the school and the program.

"It's always rewarding for the instructor to have his/her students succeed at the provincial and national competition levels," says Nguyen.

"I am sure the industry is aware of the accomplishments of MITT students and MITT programs."

Nguyen says these types of competitions are important to the program because they push students and test their skills.

"The goals of Skills Manitoba and Skills Canada competitions are to enhance students' learning and performance," says Nguyen.

"Furthermore, the student has direct contact with the industry, and skills competition keeps my program current with industry needs and standards."

MITT students also took home two more gold medals in hairstyling and one in industrial mechanic millwright.

They also grabbed five silver medals in culinary arts, electrical installations, hairstyling, industrial mechanic millwright, and IT network systems admin, as well as three bronze medals in hairstyling, industrial mechanic millwright, and welding.

For more information, visit MITT.ca.

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MANITOBA INSTITUTE OF
TRADES AND TECHNOLOGY

WHAT'S IN A RECREATION FACILITATOR?

RED RIVER COLLEGE PROGRAM TEACHES ALL ASPECTS OF THE INDUSTRY

As a therapeutic recreation facilitator for older adults, going to work can actually mean fun and games.

Although there is still a significant level of work involved in this field of employment, it is a career choice that is both fun and rewarding.

The therapeutic recreation facilitator for older adults program offered through Red River College has been designed for those who enjoy working with older adults and other team members to improve the lives of their clients.

"This program is an ideal fit for those with a respect, appreciation and interest in engaging older adults in continuing an active physical and mental lifestyle," says Dierdre Shore, acting program manager, community service and education, School of Continuing Education at Red River College.

"Students learn to plan and deliver effective programing, meeting a wide variety of needs in multiple settings as part of an inter-disciplinary team."

CONTRIBUTED

Students of this program gain the knowledge and skills needed to work in therapeutic and leisure recreational programming and services for older adults.

Throughout the program, students take courses on topics such as introduction to gerontology and documentation, dealing with loss and palliative care, and foundation to therapeutic recreation.

Workplace safety, privacy and health regulations are also key components of the program.

Students of this program will learn from instructors who have industry experience and bring their own first-hand knowledge about the industry to the classroom.

"Our instructors are well-known knowledge experts who are highly regarded in the community," says Shore.

Currently, Shore says there is an industry demand for those interested in this type of work.

"There is an increased demand for employees who are trained and knowledgeable with a credential," says Shore.

Graduates of this program will be qualified to work with clientele in various settings, including: Personal care homes, extended hospital care, adult day centres, assisted living and other community based programs.

For more information about this program, visit rrc.ca/trf.

NINE-MONTH PROGRAM

The therapeutic recreation facilitator for older adults program is a full-time (nine-month) certificate program starting September 2015.
Students will take part in practicum experience; including one workplace experience and two final field work placements.
This program is delivered in an in-class format.
Part-time study is also available.

RED RIVER COLLEGE | SCHOOL OF CONTINUING EDUCATION

Therapeutic Recreation Facilitator for Older Adults

Enhance the quality of life for our population's fastest growing segment.

Learn to plan and deliver therapeutic, social and recreational programs for older adults. Put theory into practice in community and facility-based settings.

Start in September 2015;
be career-ready in nine months.

For more information:
204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/rec

CONTRIBUTED

PACE helped launch teaching career

Prior to enrolling at the University of Winnipeg's Professional, Applied and Continuing Education (PACE), Thomas Esante was working in an inclusion support program in a child-care centre, but he knew that he wanted to widen his skill set, and find work in a school setting.

The part-time educational assistant diploma program gave him the opportunity to do so, while still allowing him to work.

"PACE helped me by giving me the tools of the trade — how to become a better educator in the school system," says Esante.

"They not only have real-life situations given as examples but it was also a very visual and hands-on type of learning."

A friend recommended the program to Esante and he discovered the flexible nature of the part-time program fit well with his schedule.

In his current job as an educational assistant with the Winnipeg School Division, Esante spends his mornings working one-on-one with a child who needs support and guidance with school work, and his afternoons with a group of students who are learning English as an additional language.

"I thoroughly enjoy teaching them and helping them become more confident in their English skills, and their reading comprehension," says Esante.

Applications for the Sept. 1 start date of this program are now being accepted.

Visit pace.uwinnipegcourses.ca.

THE UNIVERSITY OF WINNIPEG | Professional, Applied and Continuing Education

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Class of 2014, Thomas Esante

"PACE helped me by giving me the tools of the trade – how to become a better educator in the school system"

204.982.6633

PACE.UWINNIPEG.CA

CONTRIBUTED

Fast track to a career that makes you smile

Not every career allows you to see the confident, bright smile you put on your client's face. CDI College's intra oral dental assistant program — one of four training institutions in Manitoba approved by the Manitoba Dental Assistants Association (MDAA) — provides consistent, world-class education that gives students the hands-on training and precision they need to excel in their career.

In hopes of entering the oral health care industry, now-graduate Madelle Villanueva enrolled in CDI College's 45-week intra oral dental assistant program because it provided the technical training she needed to succeed in this field. It also allowed her to develop her skills through alternate methods such as hands-on practice in the school's labs as well as clinical placements.

"The practicum experience was very important to me because it helped me experience work in the dental field," said Villanueva.

With more than 300 hours of real-world experience, students will gain knowledge working with actual patients in consulting hygiene practices, developing X-rays, and more.

"CDI College helped me with my career goals by providing me with more information on becoming a hygienist in the future. I would recommend this program to other people looking to start a career in my field," said graduate Nikki N.

For more information on the intra oral dental assistant program, visit study.cdicollege.ca or call 1-800-360-7186.

DENTAL ASSISTANTS IN MANITOBA EARN A MEDIA WAGE OF $20/HR*!

Train for a rewarding career in oral healthcare! Apply today and you can earn your **Intra Oral Dental Assistant** diploma in less than a year.

Financial assistance may be available to qualified applicants.

*Source: jobbank.gc.ca

CDI College also offers programs in:

- Accounting & Payroll Administrator
- Addictions & Community Services Worker
- Health Care Aide
- Legal Administrative Assistant
- Medical Office Assistant
- Network & Internet Security Specialist
- And More!

1 800 360 7186 study.cdicollege.ca

Call and make an appointment at our Winnipeg campus today!

CDI college

Courses for professional development

Herzing College offers social media and digital marketing

CONTRIBUTED

In response to employer needs across a variety of industries, Herzing College has developed professional development training that meets the professional enhancement objectives of individuals and organizations.

Delivered through an online format, students looking to gain relevant and in-demand skills will be able to do so when it is most convenient for them.

"We believe in continued learning and self-improvement, and would like to assist our new and former students with professional growth in their careers," says Frank Cianciaruso, vice-president operations, Herzing College Canada.

The first professional development course offerings are a social media and digital marketing certificate and mediation for professionals certificate.

The social media and digital marketing certificate is designed to provide small business owners or marketing professionals with the knowledge to handle an organization's online marketing strategy.

This certificate consists of 220 hours and will take students 11 weeks to complete.

Throughout the program, students will learn about social media fundamentals and become familiar with social media sites such as Facebook, Twitter, Gmail and LinkedIn.

From there, they will learn how to harness these tools and how to market within these platforms. Other topics include search engine optimization, analytics and social media advertising, as well as crisis management and other legal issues.

The mediation for professionals certificate is designed for professionals who want to practise mediation and gain the advanced skills and techniques necessary to resolve disputes without costly litigation.

This 240-hour program will teach students dispute resolution assessment, mediation theory and practice, negotiation, workplace dispute resolution, family dispute resolution, as well as practical application of conflict management skills.

Over the 12 weeks it takes to complete this certificate, students will become prepared for a career in many different environments where mediators are needed.

Both of these new professional development courses offer individual classes as well as classes that are part of a package.

Herzing College also offers customized corporate training solutions to organizations of all sizes.

This can be done online, on campus or on site — depending on the needs of the organization. For more information, visit herzing.ca.

WELLINGTON COLLEGE IS A WELCOMING COMMUNITY

NEXT INFORMATION SESSION IS MAY 31

Wellington College is more than just a place to pursue a quality education in massage therapy; it is also a community.

Located in the St. James neighbourhood of Winnipeg, the campus encompasses a busy blend of study and social life.

Within the school, students cultivate their individual professional skills in a supportive and progressive environment.

"Because of the small class sizes and intense programming, students get to know their instructors and each other on a personal level," says Tricia Neill, operations manager, Wellington College.

To give perspective students a chance to catch a glimpse of this community, Wellington College offers monthly information sessions — with the next one taking place on May 31.

During these sessions, individuals will have the opportunity to check out the facilities, which include two floors of modern and professional classroom environments.

Inside these classrooms are up-to-date methods of technology including interactive white boards, student access to anatomy and physiology websites, and hydraulic tables that ensure good body mechanics within the practical environment.

The facility also offers a large lecture hall, three classrooms, a student clinic, library, student lounge (equipped with a kitchen, pool table and a big-screen TV.), as well as a new space for a massage therapy supply store on campus.

Faculty will also be on hand to answer questions about the programs offered at Wellington.

"Wellington College has had a long and highly respected history of training in remedial massage therapy," says Neill.

"We pursue a scientific approach to massage which requires a thorough understanding of the functions of the body and its anatomy."

There are two options for study: A two-year full-time program, and a three-year distance education option.

Wellington has also implemented a three-week practicum following the completion of the program to gain clinical experience and be able to mentor under current massage therapists, also aiding in job placement post graduation.

Program duration of 2,550 hours also exceeds the recognized national standard of 2,200 hours.

CONTRIBUTED

"The family environment at Wellington College provides a supportive group of faculty and administrative staff that really care both during school and after to make you a successful therapist," says Neill.

For more information, contact 204-957-2402, or visit wellingtoncollege.com.

metro SPORTS
Your essential daily news

Ryan Tannehill has signed a $77.7-million, four-year extension with the Miami Dolphins

Ducks dazzling with depth

NHL

Anaheim has 11 players with at least six playoff points

Kyle Palmieri hadn't scored a goal in the Anaheim Ducks' entire playoff run until he beat Corey Crawford in the Western Conference final opener, sliding on his back in celebration of what turned out to be the game-winner.

With Palmieri and several lesser-known Ducks stepping up splendidly in the post-season, the Chicago Blackhawks realize they've got to match that depth.

The Ducks have had two of the world's top scorers atop their roster for several years, but Ryan Getzlaf and Corey Perry never had the supporting cast necessary to truly contend for another Stanley Cup title until now.

In fact, complementary players from both teams had a major role in Game 1 — and for Chicago, that wasn't a good thing.

The Ducks host the Blackhawks in Game 2 on Tuesday night.

"We know, and the Blackhawks know, that you have to get scoring from everywhere in your lineup to win at this level," Getzlaf said Monday after practice at Honda Center. "We've got a bunch of it this year, and the guys came through in Game 1 when our line wasn't very good. We've got players we trust all through this lineup."

Kyle Palmieri of the Ducks celebrates his goal with teammates during Game 1 of the Western Conference final against the Blackhawks on Sunday in Anaheim. KEVORK DJANSEZIAN/GETTY IMAGES

After just 60 minutes, depth already is a glaring factor, in this conference final between two NHL powers with few obvious weaknesses.

Chicago's perennial success over the past seven seasons was built on its remarkable top-end talent, but also on an enviable depth that has been a bit shallow this spring.

13

Jakob Silfverberg has exploded for 13 points in the post-season, tied for the second-most in the league behind Corey Perry.

The Ducks have 11 players with at least six post-season points, while the Blackhawks have only five.

"We've had some of our top guys playing really well, (but) I think there's still some guys who feel like their offence is yet to come," Chicago captain Jonathan Toews said. "Doesn't matter who it is. We'll keep pushing, we'll find ways, and we're confident."

The Ducks' depth was obvious on the scoresheet when their vaunted top line contributed just one assist in a 4-1 victory Sunday. Anaheim is rolling four strong lines with goal-scoring potential, along with six defenceman equitably sharing minutes. THE ASSOCIATED PRESS

WORLD CHAMPIONSHIP

Russians on hook for snub of anthem

Russia's hockey team may end up paying for its Canadian anthem snub.

Russian news agency TASS reported the Russian team is facing sanctions after players left the ice before O Canada. The Canadians crushed Russia 6-1 in Sunday's gold-medal game, and most of the Russians quickly departed for the dressing room, a breach of the sport's etiquette.

"Once we arrive back home after the world championships we will look into this question and we will get in touch with those in charge at the Russian Ice Hockey Federation," IIHF president Rene Fasel said in the statement to TASS.

"The IIHF has its own protocol and some sort of punishment will be handed down."

According to TASS, Alexander Ovechkin, Evgeni Malkin, Viktor Tikhonov and Dmitry Kulikov were among the few players who remained on the ice for the anthem.

Russia's general manager Andrey Safronov called the incident "a shame."

"Nothing forced our team to leave the ice and it was simply an organizational mistake and it was our mistake and not the one of the organizers," Safronov told TASS.

"We are feeling very ashamed and uncomfortable now and on the behalf of the national team I bow to the Canadians," Safronov said. THE CANADIAN PRESS

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Jays outmuscle Angels

MLB

Toronto comes out on top of hit parade to end slump

The Blue Jays' Jose Bautista circles the bases after hitting a two-run home run against the Angels on Monday in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

Toronto manager John Gibbons started his post-game availability by joking around with reporters. A short distance away, techno music blared in his team's clubhouse.

An ugly 1-6 road trip was in the past. Starting off a long homestand with a 10-6 victory over the Los Angeles Angels had lifted the Blue Jays' spirits Monday afternoon at Rogers Centre.

Jose Bautista homered as Toronto ended a five-game losing skid by reaching a double-digit run total and pumping out 17 hits.

"We really needed that game," Gibbons said. "We'd been scuffling big-time."

Toronto had dropped seven of eight entering the Victoria Day matinee. The Blue Jays gave spot starter Todd Redmond an early four-run lead but the Angels chipped away with three runs in the fourth inning and took the lead in the sixth.

Toronto loaded the bases in the bottom half of the frame and with most of the 29,306 fans in attendance on their feet, Canadian Russell Martin delivered a two-run single that put the Blue Jays up to stay.

"Russell has gotten big hit after big hit in those kind of situations," Gibbons said. "Tight game where we really need something, two outs. He's been that guy who always seems to come through for us."

Martin, a Toronto native who grew up in Chelsea, Que., had three hits and scored a run. Bautista and Josh Donaldson also had three hits apiece while Steve Tolleson chipped in with two hits and two runs to help Toronto (18-22) take the opener of the four-game series.

"You have to turn the page," Donaldson said of the team's recent struggles. "It obviously wasn't a very good road trip for us. But we got things going on the right track right now and hopefully we continue to do this."

Albert Pujols, David Freese and Chris Iannetta homered for Los Angeles (19-19).

Redmond, called up from triple-A Buffalo a day earlier, had little trouble his first time through the Angels' order but Pujols touched him up for a no-doubt solo shot to get the Angels on the board. Redmond allowed three earned runs, four hits and a walk while striking out three over four innings.

Reliever Roberto Osuna (1-0) recorded five outs for his first major-league win.

THE CANADIAN PRESS

MONDAY In Toronto

10	6
BLUE JAYS	ANGELS

Introducing the NEW
wheels.ca
Brought to you by
TOYOTA
Browse Articles, Vehicle Research and Vehicle listings by Lifestyle
Browse our collection of Guides and Road Trips for the perfect getaway
Research and Compare to find the vehicle that's right for your Lifestyle

INDIANAPOLIS 500

Hinchcliffe injured in latest accident

IndyCar had a crisis looming well before James Hinchcliffe was injured in another spectacular accident during preparations for the Indianapolis 500.

Three cars have gone airborne, and one of the series' most popular drivers underwent surgery Monday for an injury to his left thigh caused when an apparent suspension failure sent him hard into the Turn 2 SAFER barrier.

Hinchcliffe's car did not go airborne and it wasn't a Chevrolet, the automaker under scrutiny since three of its cars took flight during wrecks last week.

But his crash adds to a list including Helio Castroneves, the three-time Indy 500 winner, flipping his car last Wednesday.

Josef Newgarden went airborne the next day, and on Sunday, Ed Carpenter became the third Chevrolet driver in five days to go airborne.

This was a crisis in the works since the season-opening race, where a woman suffered a fractured skull when a piece from one of the new aerokits on the cars flew over the grandstands and hit her.

Derrick Walker, IndyCar's president of competition and operations, has blamed Castroneves' wreck on an aero balance setting that was pushed too far, Newgarden's on a cut tire and said Carpenter simply had an accident.

THE ASSOCIATED PRESS

James Hinchcliffe, from Oakville, Ont., crashes on Monday in Indianapolis. JIMMY DAWSON/THE INDIANAPOLIS STAR/THE ASSOCIATED PRESS

IN BRIEF

Reports point to McLellan as new Oilers head coach

Todd McLellan appears poised to become the next head coach of the Edmonton Oilers.

Multiple published reports say that while a deal has not yet been finalized, the Oilers are expected to announce the hiring of the former San Jose bench boss sometime this week. THE CANADIAN PRESS

Verlander tosses 45 in bullpen session

Justin Verlander threw a 45-pitch bullpen session before Detroit's game against Milwaukee on Monday.

The right-hander says he'd likely need a simulated game and at least one rehab start before taking the mound in a game for the Tigers. Manager Brad Ausmus says Verlander will probably throw another bullpen before participating in any sort of simulated game. THE ASSOCIATED PRESS

Argentine club appeals ban after fan attack

Boca Juniors has appealed the punishment handed out by South America's football confederation, saying the club itself and the players didn't do anything to cause the interruption of its Copa Libertadores match against Argentine rival River Plate last week.

Thursday's match was suspended after Boca Juniors fans sprayed a caustic substance on opposing players at halftime. South America's governing body Conmebol eliminated Boca from this year's tournament and said the club will have to play its next four home international matches without fans in the stands. THE ASSOCIATED PRESS

New Los Angeles MLS club plans $250-million stadium

Major League Soccer's expansion Los Angeles Football Club plans to build a $250-million stadium on the site of the old Sports Arena next to the Los Angeles Memorial Coliseum.

The 15-acre complex would include a conference centre, restaurants, 130,000 square feet of plazas and streetscapes, and a soccer museum. At its centre would be a 22,000-seat venue, home to the new MLS team when it makes its debut in 2018.

The plans were formally announced Monday at an on-site news conference. THE ASSOCIATED PRESS

RECIPE Quesadillas with Grilled Chicken, Pesto and Cheese

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 10 minutes
Cook time: 21 minutes

Ingredients
- 8 oz skinless boneless chicken breast (about 2 breasts)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed fresh garlic
- ¼ cup pesto sauce (homemade or store-bought)
- ½ cup grated part-skim mozzarella cheese
- 4 large whole wheat flour tortillas (or any flavour you prefer)

Directions

1. Spray a non-stick skillet or grill pan with cooking oil and place over medium-high heat. Sauté the chicken just until cooked, about 6 minutes per side. Set aside. Wipe out the skillet and respray.

2. Heat the oil in a skillet over medium-high heat. Sauté the onion and garlic for 5 minutes, or until the onions are tender and browned. Stir in the pesto and cheese. Dice the chicken and add to the skillet.

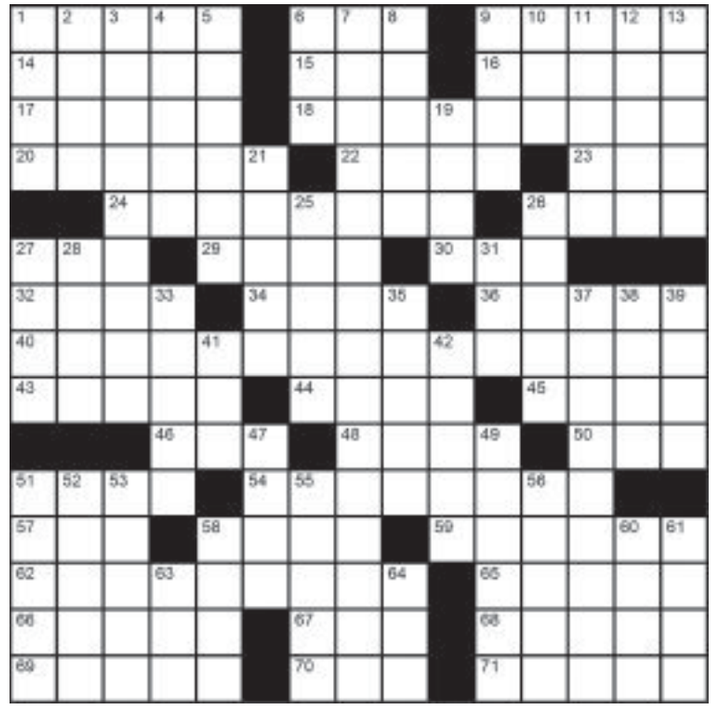
3. Divide the mixture among the tortillas, placing it on half of each tortilla. Fold the other half overtop. Heat on a grill pan or in a large skillet for 2 minutes on each side. Cut each tortilla into 3 wedges, making 12 wedges in total.

Nutrition per serving (recipe serves 6)
- Calories 203
- Protein 15 g
- Carbohydrates 16 g
- Fibre 2.1 g
- Total fat 8.7 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Up to now: 2 wds.
6. Initials-sharers of a bartender-portraying "Cheers" actor
9. Did modelling work
14. Dean Martin's "That's __"
15. Religious bench
16. Other: French
17. "Too-Ra-__-__-Loo-Ral (That's an Irish Lullaby)"
18. __ Avenue (Location of the Cadbury Adams chocolate factory in Toronto)
20. Cirque du __
22. "Take __ __ face value."
23. Limo passenger, e.g.
24. What ee-laaaastic is
26. Views
27. Wilt
29. "Away!"
30. "Plush" rock gr.
32. Some are inflated
34. Date with a doctor, briefly
36. Sprays
40. Kimye or Brangelina: 2 wds.
43. Swamp plant
44. Mackerel variety
45. Cost
46. "Bird __ _ Wire" (1990)
48. Tomato variety
50. Sports official, commonly
51. Sales jobs, commonly
54. The Original __ __ Corporation (Canadian company that makes hitting-the-ball implements in baseball)
57. Bleak House girl
58. Cab
59. Country songstress Ms. Yearwood
62. __ __ Provincial Park, in Manitoba
65. Eugene O'Neill's daughter's namesakes
66. Between harbours: 2 wds.
67. Tic-Tac-Toe win
68. __ Bay, British Columbia
69. Our opposite
70. Climber's li'l conquests
71. "Same here."
12. "Sesame Street" character
13. The Men of the __ (Cape Breton choir)
19. Week parts
21. Operetta composer, Franz __ (b.1870 - d.1948)
25. Subject
26. Teapot spot
27. Tick-tick tickers
28. James __ (Pulitzer-winning writer)
31. Howe'er
33. Kinds of lilies
35. Innsbruck's locale in Austria
37. Rogers specialty channel for baseball, hockey, football, etc. fans
38. Addition __ (Canadian plus-size clothing chain)
39. __-made millionaire
41. Mr. Affleck
42. Bathroom cleanser
47. Nursemaid
49. Overseas
51. Morocco's capital
52. Meathead's mother-in-law
53. Dissect
55. Self-evident truth
56. Garlic sauce
58. Bygone sovereign
60. Actress, Melissa Joan __
61. Regarding: 2 wds.
63. Agnus __ (Lamb of God)
64. __ Angeles

DOWN
1. Mr. Mineo's
2. 1847 Herman Melville story
3. Album for Canadian singer Jill Barber; or, Pyrite: 2 wds.
4. Montreal stop sign word
5. Broadcasts again
6. NHL Jets city, for short
7. Type of Canadian Coast Guard gig: 2 wds.
8. Mowed tract of lawn
9. Former
10. Away
11. Cook's need

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It does not matter how simple the questions you ask of colleagues and employers today, it's unlikely you will get a simple answer. That does not necessarily mean they are trying to deceive you but you must be on your guard, just in case.

Taurus April 21 - May 21
You will find it easy to be assertive over the next few days and that's good because you need to push your own interests more forcefully. But don't waste time trying to convert people to your point of view.

Gemini May 22 - June 21
You may feel as if you have lost your way a bit of late but there is no need to change direction. From Wednesday onwards things will start to look a bit clearer.

Cancer June 22 - July 23
Make the most of Venus in your birth sign to remind those you care for that whatever they do is all right by you. Let them know too that you intend to make them feel good about themselves, about you and about life in general.

Leo July 24 - Aug. 23
There is an art to relaxation and it is an art you will need to master over the next few days. There may be a dozen things you would like to be doing now but there is only one thing you must do — be kind to yourself.

Virgo Aug. 24 - Sept. 23
You may feel sorry for people who have lost their way but you aren't responsible for their troubles. There's some things that you can influence directly. Identify what they are.

Libra Sept. 24 - Oct. 23
Let others know what is on your mind by all means but don't say it in a way that might antagonize those you live and work with. Sometimes it is better to approach the truth from an angle.

Scorpio Oct. 24 - Nov. 22
If you get the chance to travel today you should take it, because later in the week your movements are likely to be restricted. You don't need an excuse to wander around a new neighborhood.

Sagittarius Nov. 23 - Dec. 21
Do you have the confidence and the know-how to step in and take control of a difficult situation? If so, by all means get involved. If not, stand back and let someone else take the leadership role. It does not have to be you every time.

Capricorn Dec. 22 - Jan. 20
Venus in the partnership area of your chart urges you to let loved ones know exactly how you feel about them — and yes, your feelings are warm and deep. It never hurts to spell it out.

Aquarius Jan. 21 - Feb. 19
Take it slow and easy as the new week begins. Things will generally go well for you but they will go even better if you make it a priority to patch up your differences with someone you work with.

Pisces Feb. 20 - March 20
You seem to be in a friendly and forgiving mood at the moment, which is good, but there is a danger you could get friendly with someone you need to be wary of.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9			4		1	2		8
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Difficulty Level ★ 5/23

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'MIRACLE MOLECULE' SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of "senior moments?" The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don't produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, "There may be no disease process where this miracle molecule does not have a protective role".

GOOD NEWS FOR BOOMERS!

Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

90-SECOND CIRCULATION BOOSTER

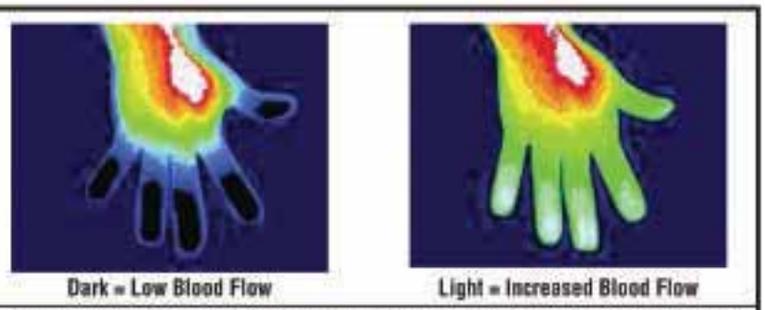
Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This "fast-dissolve" lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

SURPRISE BENEFITS FOR MEN & WOMEN

"Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult," says Dr. Bryan.



Dark = Low Blood Flow | Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

NATURAL RESULTS YOU CAN FEEL

Lee L., from CA was stunned with her results. "I have had knee, leg and shoulder problems for over 10 years. The pain has deprived me of sleep for months!

Ronald D. TX explains, "The results were noticeable overnight. I had more energy and was able to focus more readily."

BEET & BERRY COMBO BOOSTS N-O

Neo 40 daily proprietary combination of N-O boosting nutrients: amino acids, B Vitamins, Vitamin C, and Magnesium are specially formulated with the patent pending combination of red beet and hawthorn berry. The natural chemistry between them generates Nitric Oxide when dissolved in the mouth. The result is increased oxygen delivery, improved vascular function, enhanced sexual enjoyment, and protection against free radicals.

BOOST BLOOD FLOW & OXYGEN STARTING IN 20 MINUTES!

"I recommend this lozenge because it helps the body restore N-O, which leads to healthy circulation; for most in as little as 20 minutes," affirms Dr. Bryan. The result is increased oxygen delivery, heightened immune function, improved vascular function, and enhanced sexual enjoyment

NEO40 daily

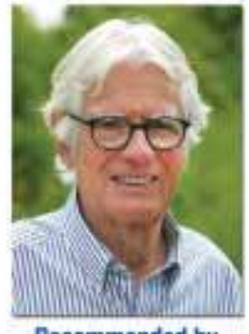
Patented Neo40 daily formula

CLINICALLY SHOWN TO HELP YOUR BODY:

- Reduce triglyceride levels (27% average in 30 days)
- Support healthy blood pressure
- Support cardiovascular and heart health
- Improve sexual performance through improved circulation
- Increase the body's circulation
- Improve artery health

AVAILABLE IN FINE HEALTH STORES!

Please visit www.neo40.ca or call us to find a store near you.



Recommended by W. Gifford-Jones M.D.

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